



Office of Emergency Medical Services & Trauma System
P.O. Box 47853
Olympia, Washington 98504-7853

True Stories from the *Saved by the Helmet Club*

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You never know what's going to happen or when. Wearing an approved bicycle helmet that is correctly fitted reduces the risk of brain injury by 88%. Other injuries such as road rash, broken limbs and lacerations usually heal; head injuries often do not.

Bob - age 38: A dog jumped out in front of me when I was going about 35-mph. I hit him broadside and went over the handlebars. My helmet was crushed, but I was able to ride home.

Renee - age 11: I rode my bike off a jump and fell. I hit my head and the helmet cracked down the middle. I had a slight concussion, but it could have been worse.

Kathy – age 39: I hit something - I don't know what – a hole or a rock probably. I don't remember the crash or the ambulance ride. The doctor said I had a concussion and probably wouldn't have made it without the helmet. It was cracked.

Ellie – age 47: I lost my balance and fell, hitting my head on the street. I was unconscious for a few minutes. The helmet was split from the blow.

Annalisa – age 7: I was riding down hill, lost control on the gravel, and went over the handlebars. My helmet was all scratched and beat up, and the Styrofoam was squished together.

Erik – age 15: My front tire fell off while in mid-air. The direct impact to the forehead of the helmet shattered it into seven pieces.

Rose – age 9: I was riding with two friends and we ran into each other on a hill. My head (with helmet) hit the asphalt hard. I went into seizures and had a concussion, but have no permanent damage.

Dean – age 57: During a Master's National Championship Race, I went into a corner following a rider who fell in front of me. I went over the handlebars at about 25-mph. I lost all memory of the crash and my helmet was broken into pieces on the right-front side. I had a concussion, swelling and short-term memory loss.

Kayleigh – age 5: I was riding down a steep driveway and my bike hit a chain stretched across the drive. My helmet has a dent on its forehead from the force of hitting the ground. The doctor said the helmet saved me.

Melissa – age 13: My bike chain locked and I flew over my handlebars. I landed on my head causing my helmet to crack and crush. I had a minor concussion.

Ken – age 47: I lost control at 38 MPH. I left the roadway and went over a 15-foot bank and flew 50 feet through the trees, brush and gravel. I impaled my lower back on an 8-inch tree stump. My helmet was broken into four pieces, yet I had no head injury. I was in the hospital for 19 weeks.

Todd – age 23: An oncoming vehicle turned illegally in front of me and I ran into it. My helmeted-head bounced off the vehicle and off the pavement. My mom gave me the helmet as an Easter basket.

Jonathan – age 8: I was showing off...riding with my eyes closed, when I fell and my helmet, instead of my bare head, hit the curb. I had a concussion. Aunt Peggy, who is a trauma nurse, got me to wear it.

Barbara – age 42: I hit a rut in the road and lost control going down hill. I went over the handlebars; hit the right side of my head and face, then my shoulder. I was unconscious when paramedics arrived.

Jeannine – age 36: I was making a left-hand turn when a car going 40-mph hit my rear bike tire. I was thrown ten feet into the air and remember landing directly on my head. I was unconscious briefly. My helmet was badly damaged: inside Styrofoam liner was cracked and the outside hard shell was dented. I share my story at the junior high school where I work.

Noah – age 9: I was riding toward my brother who was also on his bike. We couldn't avoid hitting each other. I jumped off and landed on my head and arm. The helmet split in two.

Lois – age 60: A rabbit jumped into my front wheel, causing me to crash. I went over the handlebars and landed on my head on the cement bike path. The helmet was dented. I had a sore bump on my head and headaches for four weeks.

Rosito – age 28: While going about 20-mph, a loaded bag attached to my handlebars fell and caught in my front wheel and spokes. I flipped over the bars and landed on my head. My helmet had a big scratch and dent on top.

Larry – age 64: I was riding alone on the bike trail and have no memory of my fall. I “woke up” after about 20 minutes, riding my bike again about two miles from my last awareness. My helmet was broken in the back, heavily dented and had asphalt marks all over it.

Noel – age 55: Even though I have no memory of what happened, I must have hit the road fairly hard since my helmet was badly damaged including permanent deformation of the Styrofoam.

Hannah – age 4: I was riding without training wheels in my driveway and hit a bump and fell over the handlebars. I landed on my face and cut my mouth.